HSES 2012 Program Assessment

The assessment tool that will implement is to complete an evaluation of outcomes stemming from PED230. This course is the exit course from the personal trainer curriculum. Students typically enroll in this course as their final course in completing the curriculum. This course consists of an internship experience and a final exit exam, which consists of 250 multiple choice questions which cover material from all of the courses within the personal trainer curriculum. Successful completion of this course should indicate the student is ready to enter into the profession of personal trainer or exercise science and/or successfully pass a national examination within the field of personal trainer.

Source of Data

Students who completed a personal trainer certificate, HSES Associate Degree, or the PED230 will be contacted via email and/or phone to ascertain 3 benchmark questions

1. Have you passed any national personal trainer certification examination?
2. Have you ever been or are currently employed in the exercise science / personal trainer profession or similar profession?
3. Have you gone to or do you currently go to a higher university in HSES

Number of students who enrolled in the curriculum or were enrolled in PED230 will be correlated with the number of students who answered yes to either or both of the above questions.

This time span is from 2005 to present.

Of those responding to the questionnaire, the benchmark that we are aiming for is 70% or higher who completed one or more of the 3 benchmark questions.

Assessment will determine if the program goals are being met. This is measured by assessing those who enrolled and completed the personal trainer certificate to determine if they are successful or have the potential to be successful within the field. The major objective is to determine if the student has found work within their field or if they are qualified to find work within the field of occupation. Jobs encompassing work within the field of occupation include: fitness center worker, personal trainer, health educator, exercise science professional, physical education teacher, athletic trainer, coach, wellness instructor, group fitness instructor, park district employee, or other health, sport, and exercise science professions.

Expected Conclusions

Recommendations on how to improve course and curriculum will be made based from the results and conclusions. After the assessment future directions and plans of actions by the department will be made.
Data:

200 surveys were sent out via survey monkey and mail. 26 were returned for a 13% return rate.

21 respondents (80.7%) completed the Personal Trainer Curriculum at Triton College.

15 respondents (57.7%) completed an Associate Degree at Triton College.

6 respondents (23%) completed a national certification examination within the field of personal training or exercise science.

16 respondents (61.5%) reported being employed within the personal training or exercise science field.

11 respondents (42.3%) reported having gone to or are currently attending a higher university in the field of exercise science. The schools being reported include: Elmhurst college, Benedictine university, Purdue University, Northern University.

Conclusions:

Of the 21 respondents reporting that they had completed the personal trainer curriculum, 6 passed a national exam (28.5%); 16 are employed (76%); and 11 (52%) have gone to higher university.

The benchmark that we were aiming for was 70% or higher who completed one or more of the 3 benchmark questions.

Based on the results, further assessment is needed to attempt to gather more returned surveys. The same survey will be sent out in the year of 2013 with greater means made to gather data. Survey monkey, email, and regular mail will be utilized. The inclusion of email may also increase respondent rates. Reminder messages will be sent out to gather data.

The most positive finding out of this research is that 76% of those completing the personal trainer curriculum have found work within the field of personal training and exercise science. To enhance this number in the future a personal trainer club was resurrected for networking opportunities, as well as an email group. In the near future a facebook page will be created to maintain networking opportunities for former and current students. The HSES department is investigating partnerships with facilities within the community to enhance occupational opportunities.

Nearly half of the respondents have gone on to higher universities. The schools being reported will be contacted to determine if they would like to investigate the opportunity to form partnerships or articulation agreements to enhance transfer into the higher university. Degree completion forms have been implemented this year, 2012, to make completion routes more recognized by current students. Mentorships between student and full time faculty were created to communicate about occupational and higher university opportunities.
Nearly one third of respondents have passed the national certification exams. More communication with current students will be done to improve their knowledge and accessibility to those examinations and national organizations.

**Plan of Action & Implementation Summer 2012-Spring 2013**

- Further assessment is needed to attempt to gather more returned surveys; fall 2013 send out survey again. Add additional questions
  - how did you find out about our personal trainer program
  - what can the department do to assist you in your goals
- Maintain personal trainer club in Summer 2012/Fall 2012/Spring 2013
- Build Face book page
- Partnerships with higher university
- Continue (degree completion forms) DCF
- Communicate with students about national exams
- Contact facilities in community who hire fitness professionals to tell them about our program.
- Market our programs better to attract potential students.